



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

NOVEMBER 2020

## Turn the Page With the ACFC!



*Help When You Need It,  
Where You Need It.*

As we get closer to the end of 2020, it's a good time to reflect on the past, but more importantly to focus on the future. The past is what teaches us to make changes in the future. The ACFC has the tools, programs, and services to help you open a new chapter in your life and plan for the time ahead. Just as with a book, you must turn the page to discover a new one. Visit the [ACFC website](http://www.acfccares.com) today to discover your new path to happiness.

## Health and Wellness Awareness

Adoption Awareness  
COPD Awareness  
Family Caregivers  
Stomach Cancer Awareness

Alzheimer's Awareness  
Diabetes Awareness  
Lung Cancer Awareness

Bladder Health  
Epilepsy Awareness  
Pancreatic Cancer Awareness



## Building Resilience

re-sil-i-ence: the capacity to recover quickly from difficulties; toughness. Never before has being resilient been more important. Everyone is facing unprecedented obstacles and changes to daily routine and family life. When you "build" resilience muscles you have the opportunity to grow and turn adversity into a source of strength.



Get ready for this month's Anthem webinar, "**Building Resilience Muscles.**" This webinar will be available starting November 17, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](http://www.anthem.com) home page to sign up today.



Are you worried about tuition bills and the economic uncertainty of COVID-19? Let us help take the stress out of paying for college. Register now for the webinar, "**Paying for College,**" on November 12, 2020 at 12:00pm ET. You will learn effective paying-for-college strategies that will help you cover expenses and make it easier to afford your child's education. You'll learn:

- Where financial assistance comes from and how to maximize eligibility
- How aid eligibility is determined and tricky caveats hidden in the fine print
- The most effective way to appeal the initial financial aid award or negotiate for more funds
- Strategies to employ when spending assets on college
- Key considerations when selecting the right education loan

To register and to access all of the services available from Bright Horizons, visit: <http://acfccares.com/collegeCoach.php>

Thoughts to  
Live By

NOVEMBER: Resilience  
"Life doesn't get easier or more forgiving, we get stronger and more resilient." ~ Steve Maraboli, Life, the Truth, and Being Free

Your  
**Opinion**  
Matters!

## Feedback Wanted

The ACFC has a website available to ensure our members can take full advantage of the services and programs we provide. We'd like your feedback on how this website has been beneficial to you and your family.

Click the link below to take this survey or type [surveymonkey.com/r/ACFCwebsite](https://www.surveymonkey.com/r/ACFCwebsite) into any web browser.

All responses are anonymous and confidential.

**ACFC SURVEY**

## The Health & Wellness Deadline is Approaching!

The holidays and the deadline to apply for the 2020 ACFC's Health & Wellness Reimbursement Program will be here before we know it! All applications and accompanying paperwork must be postmarked on or before January 5, 2021.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application (both can be found on the Verizon eWeb).
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$100 within the applicable dates (July 1 – December 31, 2020, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details and to access the application.

## Monthly Website

### Smart About Money

Imagine one website where you'll find in-depth personal finance resources to help you manage all of your money goals and challenges. Smart About Money is an independent, non-profit foundation committed to providing financial guidance to help you make informed decisions about your money. Topics covered include:

- Crisis and Fraud
- Education and Career
- Family and Finance
- Housing and Transportation
- Insurance and Taxes
- Retirement and Aging
- Saving and Investing
- Spending and Borrowing

You'll find free online courses, budgeting tools, and quizzes to help you become financially savvy.

SMART  
ABOUT  
MONEY



## Made in the USA

### Buffalo Billfold

Everyone loves a well-made, classic leather wallet, purse or accessory. Buffalo Billfold Company has been making full grain leather goods from the best American Bison hide and the highest quality materials since 1972. They take pride that their leather goods are made in the same way used by craftsmen for hundreds of years. You'll find a huge array of products from wallets and purses to guitar accessories, travel and sporting goods items and business leather goods. Each piece is embossed with their logo to ensure the highest quality and construction. Order now for the holidays and receive free shipping on orders over \$75.00.

While you're on their website be sure to check out the knowledge century to learn about leather, leather working and leather care.

## THE ACFC COMMITTEE

The ACFC is a joint CWA and Verizon committee negotiated especially to meet the family and daily-life needs of the CWA members in the mid-Atlantic. The council includes employees from sectors of union and management, all dedicated to helping you and your family thrive. The ACFC is responsible for researching, developing, evaluating, funding, monitoring, deploying, and communicating programs and initiatives in all areas of your work/life balance.

Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV

Dawn Bergner-Thompson - District 1-NJ

Julie Boden - Verizon/Area Manager/I&M Construction

Miriam Brooks - Verizon/LR

Patrice Mears-Swift - District 2-13-DE, PA

Shernell Saunders - Verizon Senior Manager-EEO

